

CRUSH SYNDROME

Crush syndrome occurs when recirculation is established through a large muscle group after a period of compression of over 1 hour duration. Patients who have fallen and been unable to move, as well as patients pinned or entrapped by heavy objects for over 1 hour are at risk for developing crush syndrome when lifted from the floor or when freed from entrapment.

When the possibility of Crush Syndrome is suspected in ground level falls or entrapment:

1. Assessment.
2. Before lifting or freeing patient
 - a. **Oxygen**
 - b. Cardiac **monitor**
 - c. **IV NS or LR, 1 L** (or 20ml/kg in children)
 - d. **Sodium Bicarb (NaHCO₃)** 1 mEq/kg IV push and add 50 mEq to each liter IV fluid
3. Push 1-3 additional doses **Sodium Bicarb (NaHCO₃)** if arrhythmias occur.
4. Additional **IV fluids** to maintain systolic BP >90
5. **Contract Medical Control**